



HERITAGE
International School



THE INTERNATIONAL HERITAGE HERALD

March 25, 2022



GENERAL

Thought for the week:

"You can cut all the flowers but you cannot keep Spring from coming." - Pablo Neruda

Director's weekly notes- "The view from Dacia Boulevard"

We started Week 26 celebrating World Poetry Day with our school focusing on the theme of peace. We finished the week with the feeling we had jumped straight to summer and the warm weather has certainly made for a very relaxed atmosphere on the campus and the joy of seeing students being able to get outside more for some fresh air. We are also into the final part of this unforgettable academic year as we plan for a host of events we have not been able to have for two years now including Sports Day, Grade 4 graduation, external school visits, Founders' Day, a Full physical international week and a celebration of our school year at the end of May. We also finished with the week with the first ever COBIS Black Sea Schools' "Spelling Bee" competition for primary and a huge thanks to our Head of Primary, Mrs Larisa, and our Head of Global Education, Mrs Tatiana, and the team, for all their hard work here making sure our students keep getting magic moments in their school days.



We had the news this week that Cambridge International want the school to submit portfolios for marking and grading by Cambridge and despite all the extra work, Mr. Anjum, Mrs Liliana and Mrs Rose, are working with the Cambridge teachers and the students to ensure our IGCSEs and A levels run smoothly for this exam cycle. We are very privileged to work so closely with Cambridge and we are very proud to be a Cambridge International school in Moldova. I was very proud to watch the A Level Travel and Tourism class present on Thursday their pitch for Moldovan tourism in a very sleek and professional manner. I look at our students and know the future is going to be in better hands. This weekend, Mrs. Adriana, Mrs Tatiana and myself, will be presenting our school and our story to the Trans-Atlantic group of educators run by the European centre of the University of Illinois and I hope we are going to be as good as the Grade 11 students. I am sure we will.



My Gymnasium assembly this week looked at the idea of understanding the precious moments and things of our lives and in these times, this is what we are talking to the students about right now and making sure we don't lose sight of this when we may feel overwhelmed with the news from our corner of the World. A student asked me a very tough question this week about how to deal with stress. We both agreed that coming off social media more often was a good thing, as well as getting outside more, appreciating nature, more sleep, a cup of tea and coming off work/study at regular times. One of the things we have made a big point of this year is allowing hard working staff a good balance between work and home and not to escalate issues that can be resolved very easily. We want to model this to our students, our children, in these times so we can deal with the bigger global picture. Right now, we need to all make sure we enjoy the Spring and treasure the peace that we have.

*Have a good weekend,
Rob Ford*



Heritage in the Wider World:



Bright Kemasuode
@BKemasuode

Thank you so much for coming to share your wealth of knowledge with us.

Fieldwork Education
@FW_Education

More on celebrating [#StPatricksDay](#)! Keep it coming, we love to see what you're all up to



Global School Alliance @GSchool... · 2d

We were deeply moved to read this beautiful poem by Tomas H, a pupil at @MyddeltonColl who was inspired to write 'A Silent Moldova Morning' after reading an open letter by GSA Ambassador @Tatianapopab platform.globalschoolalliance.com/education/lett...

Tatiana Popa #Moldova @Tatianapop... · 4d

Teaching for Nigeria event went well today - hopefully more educators will join global projects after.
@TakeActionEdu @koentimmers @JenWilliamsEdu @eTwinningEurope @MyddeltonEngl1 @Schools_British @HIS_Moldova @his_global @BKemasuode #gloaleducation



Tatiana Popa #Moldova @Tatianapop... · 6d

Students in upper classes at @HIS_Moldova record poems on Peace written by Irish poets, others research crime rates in Ireland in #GlobalPerspectives classes.
[#StPatricksDay](#) at his_global twitter.com/fw_education/s...



[#WorldPoetryDay](#) @UNESCO @UNESCOUK



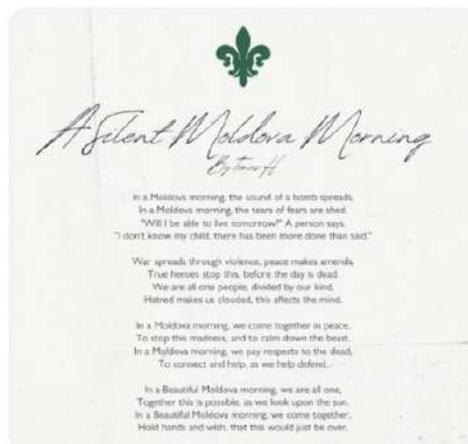
Myddelton College @MyddeltonC... · 2d
For UNESCO's [#WorldPoetryDay](#), we've partnered with Heritage School in Moldova on @Flipgrid who shared this wonderful open letter about events effecting them [platform.globalschoolalliance.com/education/lett...](#)

This sparked Tomas H to write and record this beautiful poem - A silent Moldova Morning.



Paul Morgan
@BSAPrincipal

It was really powerful to connect and listen with our [#COBIS](#) family of schools in Europe today to discuss the war in Ukraine and to hear from the head of the British International School there.



Heritage International Scho... · 16/03/2022

Thank you @COBISorg @COBIS_CEO @BISTbilisi @BritamsNL for the opportunity to hear colleagues in our Europe network. We feel supported as schools facing these unreal times. A humbling experience listening to David Cole @BritishUkraine & taking #hope from all they are doing #Peace



Heritage Globe:

The March edition of the [Heritage Globe](#) is now available! Be sure to check out all the great articles, art, and poetry. You can also go into the Archive to look through older editions.

If you don't already, you can follow the Heritage Globe on social media:

Instagram: [heritage.globe](#)

Twitter: [heritage.globe](#)



Articles of interest:

- **Child Aid; Esther House, Moldova.** Esther House, Moldova is a day centre for children aged 5-15 who are at risk. They are from poor families, often left with relatives or neighbours as parents work abroad, or are in single parent families or from families where there is alcohol abuse and violence. The Centre is open five days a week and children arrive after school from 1pm onwards. It is also open during school holidays. It supports 70 children - with 20-25 attending each day; <https://www.childaidee.org.uk/esther-house-moldova-resources>

- **Supporting Conflict Victims.** Since the annexation of Crimea and the separatist's war in the southern regions of Donetsk and Luhansk, the tragic invasion of Ukraine has shocked the world. Lives which were already difficult have become more precarious. There is a constant flow of refugees and more are becoming homeless, there will be more orphans, there will be more suffering, there will be more hardships. ChildAid's partners in Ukraine and Moldova are, where it is safe and practical, already doing what they can to help and will be doing much more. Our centres are being used as bomb shelters or refugee homes. Clothing, bedding, food, nappies, medicines are all in desperate need; <https://www.childaidee.org.uk/Appeal/ukrainewar>

- **BOOKS ABOUT REFUGEES FOR AGES 8-13;** <https://www.whatdowedoallday.com/books-about-refugees-for-ages-8-13>

- **UN Inter-Agency Operational Update March 2022.** Ukraine Situation Response; <https://moldova.un.org/en/174877-inter-agency-operational-update-ukraine-situation-response>

- **Help refugees in Moldova - Aide aux réfugiés;** <https://www.gofundme.com/f/soutien-aux-rfugis-en-moldavie>

- **Helping Ukrainians Directly.** Easy ways to get money to people in Ukraine right now; <https://snyder.substack.com/p/helping-ukrainians-directly?s=r>

- **Supporting refugees:** The government of Moldova has opened an account for humanitarian donations in support of the refugees in Moldova. Everyone can make a donation through the Mpay @eGovCenterMD Electronic Payments Service: <http://bit.ly/3In9tvq> or directly to the bank account: https://mpay.gov.md/Services/Service/UA001?fbclid=IwAR3KwAFWUBrD_ikob_xSdT4s1rSyA3DJXbzB_iR8KH0Kr-WMjrQ4vyk7diC4&lang=en

- **Supporting children article:** ‘They’re entitled to know the world isn’t always a safe place’: how to talk to your children about the perm crisis; Guardian:
<https://www.theguardian.com/lifeandstyle/2022/mar/23/theyre-entitled-to-know-the-world-isnt-always-a-safe-place-how-to-talk-to-your-children-about-the-permacrisis>

- **Save The Children Iași** has helped transport, feed and host 6,000 refugees from Ukraine via Moldova into Romania, including children from two orphanages in Odesa and Mikolaev. One of our colleagues, Victor Verejan, is directly involved in helping transport refugees via Moldova to Romania. Now, however, Save the Children Iași has run out of resources. 10 bus journeys organised from Ukraine to Iași, Bucharest and Timișoara have cost them 15,000 euros. In addition to transport, Save the Children Iași also provides food and tents. All costs are accounted for transparently. For donations from companies, they can also organise sponsorship contracts: <https://chuffed.org/project/savethechildreniasi>

Heritage Primary:

Trophy for the most organized class - 4 A



COBIS Spelling Bee Competition





Spelling Bee Competition Winners

Year 1
 Vlad Rusu 1 A -1st place
 Joshua Robert Inness-2nd place

Year 2:
 Sabid Paiglione-1st place
 Zara Paiglione-2nd place
 Salinger Postolache-2nd place

Year 3
 Vlaicu Munteanu- 3rd place

Year 4
 Sebastian Istrati-2nd place

Year 5
 Emilia Boico-3rd place

Year 6
 Bogdan Talpa-3rd place

World Water Day 2022

On World Water Day, third graders read, listened, discussed, researched, analysed, and created a WordArt about water. Let's use water wisely!



Water is the source of all life, all plants, animals and people cannot live without it. We all use water for drinking, washing, cleaning, cooking and growing food. Only 3% of the world's water is freshwater, and two-thirds of that is tucked away in frozen glaciers or otherwise unavailable for our use. This is the reason we must understand the importance of drinking water and celebrate the fact that we have access to it and do everything possible to save it. On the 22nd of March 3rd A, 3rd B and 4th A students carried out projects within the World Water Week to emphasize life with and without water, and life below water. These topics are also included as SDG3 and SDG14.





On World Poetry Day, third graders wrote poems about peace, childhood, country, school. It's great to be a poet! And it's not that difficult!



2C students practice vocal intonation and reading musical notes. Our students develop musical thinking through music lesson, the teacher facilitates flexibility and creativity through vocal practice, the most direct way to understand music. The voice can be developed through exercises of breathing, diction,

emission, intonation, phrasing. The students recognize different sound and their reproduction pitches in melodic or harmonic contexts.



Nature's revival fills our soul with warmth and light. At the music club, the fourth grade students enjoyed the sun and the beautiful weather outside, performing the song "Like a spring day", lyrics and music by Gavriil Musicescu.



4B students programming virtual robot to protect coral reefs and oceans



Music education in School Starter structures the emotional, motivational, cognitive and social self, it is the primary manifestation of children's creative attitude, it stimulates imagination, thinking, orientation in space, sense of rhythm, teamwork and creates good mood.



School Starter students create musical portraits describing a person by the means of music, the character of the music depicts the character's features, feelings and thoughts.



In technology lessons students design unique recyclable bags



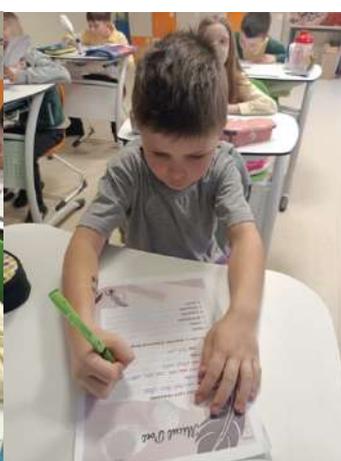
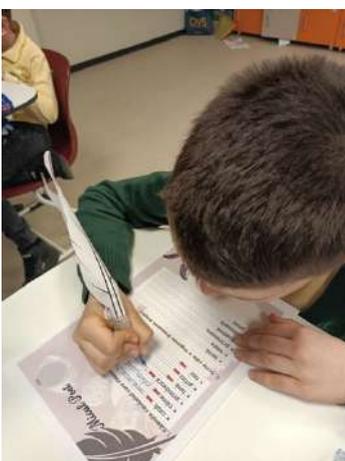


Although it is only the beginning of spring, first and second graders are already thinking about the unusual summer sunsets, "tasty" colors and the mysterious moon.



World Poetry Day

Every man tries his hand at poetry, 2nd graders try to think like a poet.



Spelling Bee Competition: What a Great Job achieved by 2E students! Congratulations!





*"Spread love" is one of the most important in how we can help elderly people!
Students from 2-E presented their posters and gave some advices in how they can help old people.*



Can a shadow change its shape and position without moving its item?

Yes, it can!

How?

You can ask students of 2-E.



Water is the source of life



Heritage Gymnasium:

Gymnasium Assembly



- Tips for effective exam preparation:

<https://blog.cambridgeinternational.org/tips-for-effective-exam-preparation/>

Heritage students took part in the first edition of **National Linguistic Olympiad** ranking in the leading positions.

7A student **Teodor Zaporozjan** gained the II place in Exercise B Section, scoring most efficiently accumulated points. 6 Heritage students - **Andrea Ghimpu, Sanda Bostan, Cristina Meleca, Nicoleta Mardari, Bogdana Bujag and Sabina Turcan** (grades 9 and 10) achieved the best results in Performance section and were qualified for the next stage, APOLO (Asia Pacific Linguistic Olympiad).

Warmest congratulations to the winners and their teacher, project coordinator **Ms. Livia State!**

SECȚIUNEA PERFORMANȚĂ

- 1) Jumir Alina - LT "Dmitrie Cantemir" - 86.89 - locul 1
- 2) Jelihovschi Alexandra - IPLT "Spiru Haret" - 60.48 - locul 2
- 3) Șchiopu Felicia - LT "Mircea Eliade" - 48.12 - locul 2
- 4) Ghimpu Andrea - Școala Internațională Heritage - 47.18 - locul 3
- 5) Bostan Sanda - Școala Internațională Heritage - 44.31 - locul 3
- 6) Meleca Cristina - Școala Internațională Heritage - 41.75 - locul 3
- 7) Mardari Nicoleta - Școala Internațională Heritage - 41.44 - mențiune
- 8) Bujag Bogdana - Școala Internațională Heritage - 39.66 - mențiune
- 9) Turcan Sabina - Școala Internațională Heritage - 38.03 - mențiune
- 10) Malcoci Delia - LCI "Prometeu-Prim" - 36.61 - mențiune

FELICITĂRI PENTRU CALIFICAREA ÎN URMĂTOAREA ETAPĂ, APLO (ASIA PACIFIC LINGUISTIC OLYMPIAD)

SECȚIUNEA EXERCIȚIU B

- 1) Zaporozjan Teodor - Școala Internațională Heritage - 74.16 - locul 1
- 2) Netida Mădălina - LCI "Prometeu-Prim" - 59.86 - locul 2
- 3) Topală Mariana - LCI "Prometeu-Prim" - 49.23 - locul 3
- 4) Darii Amelia - LCI "Prometeu-Prim" - 47.70 - mențiune
- 5) Curteanu Andreea - IPLT "Mircea Eliade" - 42.73 - mențiune

5A students learned to tell their childhood memories through symbols in Romanian language and literature classes. They made small books and felt great!



Our future leaders in action: Public Speaking

Speech is the most powerful tool we have, now more than ever. This is why it is important to equip our children with the confidence and skills to speak in public effectively. IGCSE 1.1 students do just that. They wrote and presented inspirational speeches on important matters, such as 'Social media: the gift which is becoming a curse', 'Climate change', 'Eradicating poverty'.





Heritage Lyceum:

Heritage Lyceum learners become:

- confident
- responsible
- reflective
- innovative
- engaged

The admission campaign for Heritage Lyceum (grade 11) is now open.
 A world-class education, studying exclusively in English, Cambridge International qualifications and a phenomenal academic experience – it can all be yours!
 We recommend you send your application by 31st March 2022.

Learn more and apply here:
[The Admissions Process for our Lyceum](#) and Cambridge International A Levels 2022-24 is now underway. Further details here:
<https://fb.watch/aMTOpCpDAO/>
<https://www.heritage.md/en/learning/lyceum>

SIX SOFT SKILLS YOU WILL NEED IN THE NEW ERA OF WORK

As we begin to enter a new era of work, develop these in-demand soft skills to ensure your success:

- 1. ADAPTABILITY**
Employers are increasingly looking for people who can move out of their comfort zone and see change as an opportunity for growth and innovation
- 2. A WILLINGNESS TO LEARN**
Showing that you are willing to learn is key to understanding any new developments and ultimately helping your organisation to progress
- 3. EMOTIONAL INTELLIGENCE**
Developing your emotional intelligence will not only protect you as you approach difficult times, but it will also set you in good stead to become a top performer
- 4. COMMUNICATION**
Employers continue to favour those who possess exceptional communication skills and are comfortable building relationships and collaborating in an increasingly hybrid working world
- 5. PROBLEM-SOLVING**
The changing world of work has created a demand for people who are able to solve problems efficiently and effectively
- 6. CREATIVITY**
Employers are looking for professionals who can come up with creative ideas and solutions to ensure deadlines are met and results achieved

Top 20 universities in the world*

The top 20 universities in the QS, Times Higher Education and Shanghai World University Rankings all accept Cambridge International A Levels. Search Cambridge International's recognition database to find out more about the universities below and their admission policies. Go to: www.cambridgeinternational.org/recognitionsearch

University name	QS Ranking	THE Ranking	Shanghai Ranking	Cambridge International A Level Recognition
Massachusetts Institute of Technology 	1	5	4	✓
Stanford University 	2	2	2	✓
Harvard University 	3	3	1	✓
California Institute of Technology 	4	4	9	✓
University of Oxford 	5	1	7	✓
ETH Zurich – Swiss Federal Institute of Technology 	6	14	Not in rankings	✓
University of Cambridge 	7	6	3	✓
Imperial College London 	8	11	Not in rankings	✓
University of Chicago 	9	10	10	✓
University College London 	10	16	17	✓
National University of Singapore 	11	Not in rankings	Not in rankings	✓
Princeton University 	12	9	6	✓
Nanyang Technological University, Singapore (NTU) 	13	Not in rankings	Not in rankings	✓

Top 20 universities in the world* continued

University name	QS Ranking	THE Ranking	Shanghai Ranking	Cambridge International A Level Recognition
EPFL – Ecole Polytechnique Federale de Lausanne 	14	Not in rankings	Not in rankings	✓
Tsinghua University 	15	=20	Not in rankings	✓
University of Pennsylvania 	16	13	15	✓
Yale University 	17	8	11	✓
Cornell University 	18	19	12	✓
Columbia University 	19	17	8	✓
University of Edinburgh 	20	Not in rankings	Not in rankings	✓
University of California, Berkeley 	Not in rankings	7	5	✓
Paris-Saclay University 	Not in rankings	Not in rankings	13	
University of California, Los Angeles 	Not in rankings	15	14	✓
Johns Hopkins University 	Not in rankings	12	16	✓
University of California, San Diego 	Not in rankings	Not in rankings	18	✓
University of Washington 	Not in rankings	Not in rankings	19	✓
University of California, San Francisco 	Not in rankings	Not in rankings	20	✓
University of Toronto 	Not in rankings	18	Not in rankings	✓
Duke University 	Not in rankings	=20	Not in rankings	✓

*According to QS, Times Higher Education and Shanghai world university rankings.

Learn more! For more information on recognition go to www.cambridgeinternational.org/recognition

Cambridge Pathway



Cambridge IGCSE Guide for parents <https://drive.google.com/drive/u/2/my-drive>

Global Education:

It has been an intense week in global education at Heritage this week.

Students started it with the celebration of World Poetry Day, which they did in a global setting, by reading/reciting poems on a Flipgrid, all on the theme of Peace.

A team of students at Myddelton College in Wales even wrote poems based on the article posted on Global School Alliance by Tatiana Popa and the video of our Heritage students giving evidence of our days in Moldova with the war at the border, in Ukraine.

Here's one such example:

Tatiana's article is here:

<https://platform.globalschoolalliance.com/education/letter-from-moldova-2022-war-in-ukraine/>

Students' video is here: <https://youtu.be/ovVVrvKeKqQ>

World Poetry Day saw students celebrating our Romanian poets, too, with students in lower secondary sharing their favourite poem in their mother tongue.

Heritage International School organised a fantastic International Spelling Bee Competition on Friday, March 25th, with the support of COBIS Black Sea Schools group and the British Embassy in Moldova.

The event gathered participants from 8 countries: Azerbaijan, Turkey, Romania, Bulgaria, the United Kingdom, Georgia, Spain and Moldova.

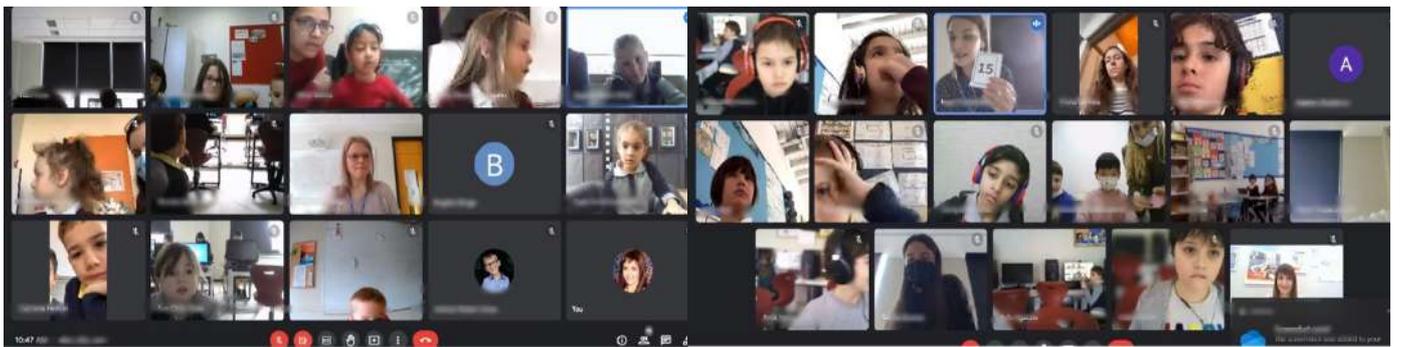
We had more than 100 students competing in spelling English words correctly, and believe it or not, it has been a fierce competition for all age groups, as the best students in the participating schools got to the finals. The competition lasted more than two hours and students aged 6 to 11 joined their age group in Google meetings for spelling sessions in order to show their best.

It was an amazing event to celebrate love for English language, knowledge and international collaboration with different schools in the world.

Recording here:

<https://drive.google.com/file/d/1HtDecHEPF8Of50n-yNGR8gHWguu5f-M6/view?usp=sharing>







Heritage Creativity:



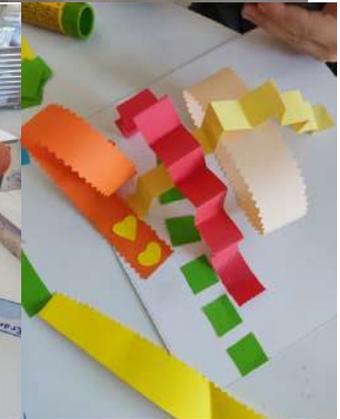
- Video competition on energy efficiency. The "Film4Energy Challenge" encourages students aged 12-15 to create short videos on energy efficiency and benefits of saving energy: https://energy.ec.europa.eu/topics/energy-strategy/energy-youth/video-competition-energy-efficiency_en
Film4Energy Challenge now extended to 31st March!

I am extremely happy when I see my children in art classes happy and satisfied. A little colorful chalk on a spring day with sunshine and creativity can make children really happy at the art lesson, especially if we spend it outside. The 3rd graders were very happy to draw a huge rainbow under which they would fit together with their friends. The smiles on their faces convey the emotions that children had in the creative process.



First graders are continuing to learn more about the element of art LINE. They created these awesome three-dimensional paper sculptures using curved, zig zag, curly and other types of lines. They also

learned that they created their sculptures focusing on 4 of the 7 elements of art (line, color, shape and form) and that 3D artwork means artwork that isn't flat and sticks out and that sculptures are 3D. They got really creative during the process!!! They compared their work with playgrounds for the kids. :)





Plasticine is a material much loved by children, playing with this material also contributes to the child's development of fine motor skills. And it's ideal for teachers who are looking for creative ideas to entertain their students. They modelled thousands of small coloured plasticine balls to fill these beautiful tulips. Great job!!!





During the art lesson together with graders from 2 E we discussed what a beautiful house looks like in their imagination, they described to me very nicely their houses, what colours it has, what their room looks like and what is their favourite room. Then we came to an interesting discussion about how important family is to them. Their creative task was to colour the facade of the house in their favourite colours and inside the house to draw their favourite room with all the family members.





COVID-19 measures:



Below are presented legal requirements in conditions of epidemiological safety for the prevention of the disease with the virus SARS-CoV-2:

- **Order no. 1070 of 22.09.2021** "On the intensification of precautionary measures, prevention and epidemiological control in primary and secondary education institutions, cycle I and II"
<https://chisinauedu.md/ordinul-nr-1070-din-22-04-2021/>
- Instructions regarding the measures for organizing the activity of the primary, gymnasium, high school educational institutions for the 2021-2022 academic year, in conditions of epidemiological safety for the prevention of the disease with the virus SARS-CoV-2, approved by **Decision Nr. 60 from 23.08.2021**
https://gov.md/sites/default/files/hotarare_cnesp_nr.60-redactat-ro.pdf
- **Decision** of the Extraordinary Public Health Commission of Chisinau No 42 from 25.08.2021
<https://chisinauedu.md/hotararea-cespmc-nr-42-din-25-08-2021/>
- **Decision** of the Extraordinary Public Health Commission of Chisinau № 63 from 08.10.2021
https://gov.md/sites/default/files/hotarirea_cnesp_nr.63_08.10.2021.pdf

Due to Covid restrictions this academic year our school follows the rules according to the "A safe return to physical school strategy and matrix 2021-2022":

<https://www.heritage.md/en/school/coronavirus-updates>

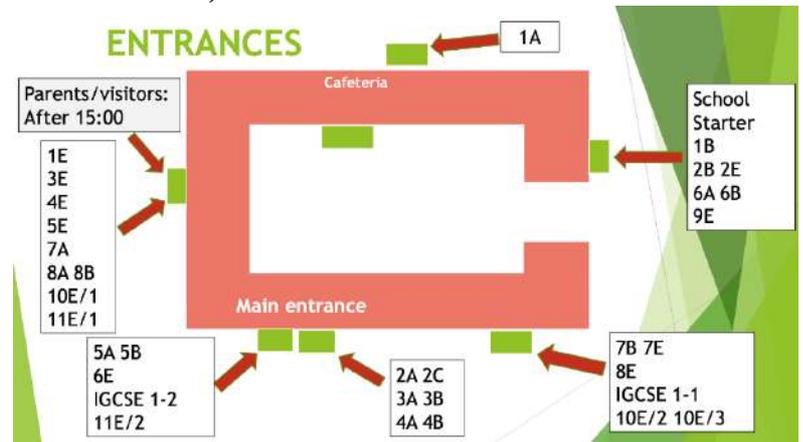
IMPORTANT UPDATE: according to the **Decision** of the Extraordinary Public Health Commission of Chisinau **from 03.02.2022**, in case of a class quarantine for 10 days, the return to classes with a

physical presence can be resumed after the 5th day from the date of confirmation of the positive case for those pupils who present a negative test result for the SARS-CoV-2 virus, performed in the last 24 hours. Negatively tested pupils may end the quarantine period after 5 days if in this period no symptoms of COVID-19 have been reported. For pupils who end the quarantine period after 5 days based on a negative test, daily monitoring of symptoms is mandatory until the 10th day. Vaccinated students or the students who have had COVID within the last 90 days should not quarantine.

If your child has **any symptoms** of acute viral respiratory disease, including temperature higher than 37.0°C, parents should not send the child to school and ask for a medical assistant.

For children who have been tested positive with Covid-19 and in case of any disease, for return to school it is mandatory to present the **medical certificate** with the 3 stamps, as a confirmation that the child can attend groups of children.

Distribution of the **entrances** for each grade is presented below



Uniform:

We remind you that wearing uniform is mandatory for all the students grade 1-10. Following the link below, you can find the [School Uniform Presentation](#)

Lyceum students' dress code will be black and white smart casual to 'office wear'.



School Exit Pass:

Starting this week, we have a new exit format for leaving the school premises before 4 o'clock provide even more security for your child.

Children will be allowed to leave school only if your permission is confirmed by phone or text message/email to the homeroom teacher or directly to the reception.

At the moment children receive a temporary Exit Pass that allows them to leave school. In order to have better functioning it is very important to use a permanent Exit Pass. In this case we ask parents to complete the attached form with the time they allow our students to leave the school, and present it to the homeroom teacher or leave it at the reception.

Thank you very much for your involvement. The safety of your children is our priority.

Temporary Exit Pass



Permanent Exit Pas

PHOTO		EXIT PASS		
		Name, Surname		
		Grade		
M / L	T / M	W / M	T / J	F / V
13:00	13:00	13:00	13:00	13:00
14:00	14:00	14:00	14:00	14:00
15:00	15:00	15:00	15:00	15:00
16:00	16:00	16:00	16:00	16:00

Self-regulation coping strategies Students can use at school

1. BREATHE
As I focus my attention on my breathing, I will take extra long out-breaths.

2. Squeeze a stress ball or use another teacher approved fidget gadget.

3. Think of or write a list of three positive things in my life.

4. Tell my teacher I would like to help or take on a classroom responsibility.

5. Roll my neck and shoulders.

6. Squeeze my fists together as hard as I can... hold... then relax my hands.

7. Ask to deliver books to the library or another class.

8. Imagine a peaceful & calming place.

9. Ask my teacher for help if I feel upset or overwhelmed.

10. Count to 10, and back in coordination with my breath.

11. Use I-statements to express how I am feeling, what I need, or what I hope for.

12. Listen to calming music with headphones.

13. Push my palms together.

14. Push against the wall as hard as I can & then relax my body.

15. Think of at least three things I am grateful for.

16. Tell my teacher I need help with the task or lesson.

17. Move away from the distraction or person who is bothering me.

18. Write down my thoughts or questions if my teacher can't address them right away.

19. Doodle, draw or colour.

**20. Focus in on my senses, noticing:
Five things I see
Four things I feel
Three things I hear
Two things I smell &
One thing I taste.**

21. Volunteer to help clean or organise the classroom.

22. Drink water.

23. Ask to work with a friend.

24. Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.

25. Ask permission to take a short walk down the hallway or up & down the stairs. And then return.

26. Tell myself a positive affirmation or mantra. Repeat.

27. Go outside during break time and notice the sky, trees & sounds from nature.

28. Talk with my school counsellor/ pastoral support.

29. Help a classmate or my teacher.

30. Slowly trace my hand with my finger, breathing in as I trace my fingers going up... breathing out as I trace my fingers going down.

31. Remind myself it's ok to make a mistake.

32. Do an act of kindness.

33. Cross my arms in front of me & do the arm pretzel.

34. Use an approved break card to let my teacher know I need a break & then use a timer to remind me when to return.

35. Journal or write a letter.

36. Ask permission to quietly jog in place for a minute or do 20 jumping jacks.

37. Stretch.

38. Take a 3-5 minute break in a designated classroom 'peace corner'.

39. Rub or tap my temples.

40. Ask if I can do my work standing up.

41. Eat a healthy snack or tell my teacher I am hungry.

42. Invent a secret hand signal with my teacher that communicates I need help.

43. Give myself or a stuffed animal a hug.

44. Visualise a person who supports me & cheers me on.

45. Give myself an arm & hand massage.

46. Rest my head on the desk for a moment of two.

47. Smile or laugh, even if I have to fake it.

48. Devise a secret code word or signal with my teacher that means time to get back on track.

49. When I feel upset, sad, or unfocused at school I can:

50. Kids Inspire
Reclaiming Lives, Rebuilding Futures

Mindful March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>1 Set an intention to live with awareness and kindness</p>	<p>2 Notice three things you find beautiful in the outside world</p>	<p>3 Start today by appreciating your body and that you're alive</p>	<p>4 Notice how you speak to yourself and choose to use kind words</p>	<p>5 Bring to mind people you care about and send love to them</p>	<p>6 Have a 'no plans' day and notice how that feels</p>	
<p>7 Take three calm breaths at regular intervals during your day</p>	<p>8 Eat mindfully. Appreciate the taste, texture and smell of your food</p>	<p>9 Take a full breath in and out before you reply to others</p>	<p>10 Get outside and notice how the weather feels on your face</p>	<p>11 Stay fully present while drinking your cup of tea or coffee</p>	<p>12 Listen deeply to someone and really hear what they are saying</p>	<p>13 Pause to watch the sky or clouds for a few minutes today</p>
<p>14 Find ways to enjoy any chores or tasks that you do</p>	<p>15 Stop. Breathe. Notice. Repeat regularly</p>	<p>16 Get really absorbed with an interesting or creative activity</p>	<p>17 Look around and spot three things you find unusual or pleasant</p>	<p>18 If you find yourself rushing, make an effort to slow down</p>	<p>19 Appreciate nature around you, wherever you are</p>	<p>20 Focus on what makes you and others happy today dayofhappiness.net</p>
<p>21 Listen to a piece of music without doing anything else</p>	<p>22 Notice something that is going well, even if today feels difficult</p>	<p>23 Tune into your feelings, without judging or trying to change them</p>	<p>24 Appreciate your hands and all the things they enable you to do</p>	<p>25 Focus your attention on the good things you take for granted</p>	<p>26 Choose to spend less time looking at screens today</p>	<p>27 Cultivate a feeling of loving-kindness towards others today</p>
 <p>28 Notice when you're tired and take a break as soon as possible</p>	<p>29 Choose a different route today and see what you notice</p>	<p>30 Mentally scan your body and notice what it is feeling</p>	<p>31 Discover the joy in the simple things of life</p>			

ACTION FOR HAPPINESS

Happier · Kinder · Together



Primary Checkpoint

Exam Timetable: 11.04.2021-19.04. 2022

Date	Syllabus/Component
Monday, April 11, 2022	English
Wednesday, April 13, 2022	Mathematics
Tuesday, April 19, 2022	Science

Lower Secondary Checkpoint

Exam Timetable: 11.04.2021-21.04. 2022

Date	Syllabus/Component
Tuesday, April 12, 2022	English
Thursday, April 14, 2022	English ESL (Listening)
Monday, April 18, 2022	Mathematics
Thursday, April 21, 2022	Science

UPCOMING EVENTS

11-15 April 2022

11-19 April 2022

11-21 April 2022

22 April 2022

23 April 2022

Heritage Science Week

Primary Checkpoint Exams

Lower Secondary Checkpoint Exams

Earth Day

UN English Language Day

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